

## GOLF SWING PATH AND ALIGNMENT TRAINING DEVICE

### Abstract of the Disclosure

A golf swing path training device for visually guiding a golfer through a proper swing path and properly align the golfer's stance includes an arm path member and a body path member. The arm path member includes a leading end, a central portion and a trailing end. The body path member includes a leading end, a central portion and a trailing end. The arm path member and the body path member are preferably integrally formed such that the central portion of the arm path member is connected to the central portion of the body path member. The central portion of the arm path member is substantially straight, whereas the central portion of the body path member is substantially arcuate. The golf swing path training device is configured to be placed on the ground in front of a golfer. During a swing, the arm path member, and in particular the substantially straight central portion, visually directs the golfer to maintain a substantially straight or vertical arm swing path during the back swing. Conversely, the body path member, and in particular the substantially arcuate central portion, visually directs the golfer to maneuver his or her body in a horizontal arcuate or rotating fashion throughout the golf swing.

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